

Level 3, Exercise 2

FOR THE FOCUSER

Go ahead and answer the Companion's four questions as it feels right.

Then begin Focusing in the way you already know.

When you come to a place where you would be giving yourself an instruction, *ask the Companion to give you that same instruction.*

For example:

"Could you give me a suggestion to say hello to this?"

"I'd like you to invite me to just be with this."

If the Companion doesn't say the suggestion in a way that feels right to you, just say again exactly what you want to hear.

If you are not giving yourself a suggestion, but just describing how you feel, your Companion will reflect that back to you so you can check it inside.

At the end of the session, ask for suggestions to end.

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FOR THE COMPANION

- (1) "Are you sitting comfortably?"
- (2) "How many minutes signal would you like?"
- (3) "What would you like from me as your Focusing companion?"
- (4) "Would you like me to lead you in?"

- Bring your awareness into your own body
- Say hello silently to any of your own feelings
- Wait till the Focuser speaks (after leading in)
- Pause briefly, reflect, then wait
- Use Presence Language: "You're sensing... something in you is (feels) (feels like)..." or "You're sensing... it feels..."

- When the Focuser asks you for a suggestion, then give one
- Use "cushions" like:
 - "You might..."
 - "Maybe you could..."
 - "Take your time to..."
- After suggesting, wait again...
- After the Focuser speaks, reflect again...

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